

Mt. Rainier Pool

Spring '03

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
5:30 - 7:30 am	Adult/Lap Swim		Adult/Lap Swim		Adult/Lap Swim	
7:30 - 8:30 am	Pool Maintenance					
8:30 - 9:30 am	Adult/Lap & Water Exercise		Adult/Lap & Water Exercise		Adult/Lap & Water Exercise	
10 - 11 am		Senior Swim		Senior Swim		
11 - 1 pm	Adult Swim & Lap Swim 12-1 Family Swim, Shallow End					11:30 am - 1 pm Adult Lap Swim
1 - 2 pm	Preschool Lessons	Homeschool Lessons	Preschool Lessons	Homeschool Lessons	Private Lessons	1 - 2 pm Family Swim
2 - 5 pm						2 - 3 pm Public Swim
5 - 7 pm	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	6 - 7 pm Family Swim	3 - 4 pm Promo Swim
7 - 8 pm	Public Swim	Water Ex: Shallow & Deep	Public Swim	Water Ex: Shallow & Deep	Public Swim	Rentals Available (1 hr. min.)
8 - 9 pm	Water Ex & Adult/Lap Swim		Water Ex & Adult/Lap Swim		Public Swim	

- Children under 6 years of age must be accompanied by an adult in the water at all times.
- Family Swims require an adult in the water directly supervising all children under 18 years of age.
- Programs may be changed, combined, or share the pool to assure maximum convenience and pool use.



This material will be provided in alternative formats upon request.



King County

Department of Natural Resources and Parks
Parks and Recreation Division

Mt. Rainier Pool

22722 - 19 Ave S
Des Moines, WA 98198
Phone: 206-296-4278
TTY Relay Service: 711
www.metrokc.gov/parks

Spring Schedule 2003
Mar. 3 - Jun. 22, 2003

We will be closed:
May 24- 26 Memorial Day



SWIMMING LESSONS

Mon/Wed or Tues/Thurs

Mar. 10 - Apr. 10 5 wks.
Apr. 21 - May 15 4 wks.
May 19 - Jun. 19 5 wks.

Registration begins up to three months before the start of the class. See *Registration Policy*.

FREE PLACEMENT TEST

Available at 12:30 pm and 5 pm, Monday - Thursday. These are not required for Parent-Tot and Adult classes.

WATER EXERCISE

These are instructor-directed, drop-in classes designed to meet most fitness and interest levels.

- **Deep Water Exercise.** Ask about this zero impact class. Equipment provided.
- **Shallow Water Exercise:** Aerobic emphasis includes both strengthening and flexibility activities. No swimming.

FLOAT-IN MOVIES

Sundays from 1 - 3 pm on March 9 & May 4th. Great Family Fun!

COMPETITIVE SWIMMING

KING Aquatic Club. USS sanctioned club with fun and competition! Sign-up is ongoing. Call the team office at 253-503-1355 for more information.

RECREATIONAL SWIM SCHEDULE

All days, dates, and times are subject to change.

Adult/Lap Swimming

M, W, F 5:30 - 7:30 am
M, W, F 8:30 - 9:30 am
M - F Adults 11 am - 12 pm
M - F 12 - 1 pm
M, W 8 - 9 pm
Tu, Th Seniors 10 - 11 am
Su 11:30 am - 1 pm

Public Swimming

M, W, F 7 - 8 pm
F 8 - 9 pm
Su 2 - 3 pm
Su, Promo 3 - 4 pm

Family Swimming (with adults swimming)

M - F Shallow 12 - 1 pm
F 6 - 7 pm
Su 1 - 2 pm

EXERCISE PROGRAMS

Deep Water Ex

T, Th 7 - 8 pm

Shallow Water Ex

M, W 8:30 - 9:30 am
M, W 8 - 9 pm
T, Th 7 - 8 pm

